

Kossuth County

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Community Health Needs Assessment Snapshot

Promote Healthy Behaviors

Problems/Needs:

- 83% of Kossuth Co. survey respondents chose obesity as the top health issue for all ages in Kossuth County. The IDPH Data Warehouse 2010 Kossuth Health Snapshot reports that the 2008 overweight/obesity rate for Kossuth adults is 65% which is higher than the state rate of 63%. BRFSS data from 2002-2008 rates Kossuth's population at 20% obese as compared to the state rate of 25%. The 2010 County Health Rankings from the Univ. of Wisconsin reports Kossuth's adult population at 27% obese compared to the state rate of 28%. Data received from NICA's 2007-2009 WIC Pregnancy Nutrition Surveillance reports Kossuth County pre-pregnancy BMI rate is 60% overweight which is higher than the state rate of 57%. According to data from NICA's WIC 2009 report on Pediatric Nutrition Surveillance for Kossuth Co., obesity rates for children under 5 years is at 10% which is less than the state average of 14%. 53% of Kossuth Co. survey respondents list cancer as a top health issue facing Kossuth Co. residents. The IDPH Data Warehouse Vital Statistics reports the 2008 Kossuth cancer death rate at 2.975 per 1000 population which is higher than the state rate of 2.127 per 1000 population. The IDPH Data Warehouse 2010 County Health Snapshot reports the 2008 cancer death rate for Kossuth at 174 (age adjusted) as compared to the state rate of 177.
- 37% of Kossuth Co. survey respondents chose Diabetes as a leading health issue for Kossuth County. The BRFSS 2008 report shows that 4% of Kossuth Co. residents have Diabetes which is less than the state rate of 7%. The 2010 County Health Rankings from the Univ. of Wisconsin reports that 84% of Kossuth Co. adults received Diabetic screening which is lower than the state rate of 85%.

Prevent Injuries

Problems/Needs:

- Texting or using cell phone while driving was identified by 70% of the Kossuth County survey respondents as being the most prevalent risky behavior in Kossuth County.
- Underage drinking was identified by 65% of the Kossuth Co. survey respondents as being the second most prevalent risky behavior in Kossuth County. The IDPH Data Warehouse 2010 County Health Snapshot shows that 22% of Kossuth Co. adults reported binge drinking which is higher than the state rate of 20%. The 2010 County Health Rankings from the Univ. of Wisconsin rates binge drinking in Kossuth Co. at 22% which is higher than the state rate of 20%.
- 46% of Kossuth Co. survey respondents identified driving while drunk or high as the third most prevalent risky behavior in Kossuth County. The IDPH Data Warehouse 2010 County Health Snapshot reports the 2008 motor vehicle accident death rate at 16 which is higher than the state rate of 14.

Protect Against Environmental Hazards

Problems/Needs:

- 57% stated in the Kossuth county survey that old septic systems were an environmental issue health issue. Outdoor air quality was cited by 56 % of Kossuth Co. survey respondents as an environmental health issue. The 2010 County Health Rankings from the Univ. of Wisconsin rates Kossuth 92nd out of 99 counties in Iowa for Physical Environment which includes air pollution (particulate matter and ozone) days, access to healthy foods and liquor store density.

Prevent Epidemics and the Spread of Disease

Problems/Needs:

- Low number of Kossuth County schools and medical providers communicate reportable illness rates and disease to local Public Health based on Community Health experience.
- 2009 data from the IDPH Immunization Bureau reports Kossuth's immunizations up to date and complete by age 24 months at 30%. (During 2009 Hib vaccine availability was very limited which directly affected this rate.)
- The IDPH Data Warehouse 2010 County Health Snapshot reports that in 2008 52% of Kossuth adults did not get their flu vaccination which is lower than the state rate of 61%.

Prepare for, Respond to, and Recover from Public Health Emergencies

Problems/Needs:

- 60% of Kossuth Co. survey respondents stated they were not ready for a natural or man-made disaster. Of the 40 % who said they were ready, 72 % keep a supply of bottled water and extra non-perishable foods on hand and have a weather radio. Additionally, of those who reported being prepared, 62% have practiced a home tornado drill, 57% have an emergency contact list and 55% have discussed a central family meeting place.

Strengthen the Public Health Infrastructure

Problems/Needs:

None identified

Community Health Improvement Plan

Goal	Strategies	Who is responsible?	When? (Timeline)
By June 30, 2015 there will be a 1 % decrease in obesity rates in Kossuth County. The IDPH Data Warehouse County Health Snapshot lists the 2008 Kossuth overweight/obesity baseline rate at 65%.	Develop and maintain active Kossuth County Wellness Coalition (Live Healthy Kossuth) with key community partners throughout the county that promote healthy eating and physical activity.	Members of Live Healthy Kossuth Wellness Coalition including core members from Hospital, CH, Kossuth County Courthouse, schools, and local business.	1/30/11 ongoing thru 1/1/2015.
	Community Health will have 2 representatives on the Live Healthy Kossuth Wellness Coalition. A representative will attend 3 meetings each year.	Community Health staff	same as above
	Promote and participate in Monthly Live Healthy Kossuth activities and events related to increasing activity and healthy eating.	Live Healthy Kossuth Coalition members	monthly meeting and activities as planned through 1/1/2015
	Participate in Health Fair or similar event in Kossuth County every other year. March 16, 2011 Health Fair focuses on Teen and Tween population and the issues of Obesity and risk of type 2 Diabetes. Speakers, interactive games, education (such as Pick a Better Snack, etc.), and prizes are planned. Schools will offer extra credit for attendance.	Kossuth Regional Health Center Public Relations staff and Live Healthy Kossuth Coalition members	3/16/2011 and annually.
	Creation of Live Healthy Kossuth Facebook page	Bishop Garrigan students	Jan 2011 and ongoing
	Participation (one representative) in Wellness Committee at Kossuth Regional Health Center to promote employee healthy eating and increased activity with attendance at 3 meetings a year.	Community Health	Jan 2011 and ongoing

	Increase opportunities for healthy eating at workplaces through increased availability of healthy choices in work settings.	Live Healthy Kossuth Coalition members	monthly meeting and activities as planned through 1/1/2015
	Support local businesses to provide incentives toward cost of employee wellness programs such as Live Healthy Kossuth.	Live Healthy Kossuth Coalition members	Jan 20, 2011 and ongoing